

Restored!

Embracing
Weight Loss
God's Way

Helen Thomas Baratta

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Restored!: Embracing Weight Loss God's Way



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The spiritual solution to a physical problem... Restored! is for anyone who struggles with weight problems or yo-yo dieting and desires an eternity win from the battle. The author offers nourishment for the body, mind and spirit in retelling her personal journey, having tried countless excess weight loss programs—in total, dropping 450 pounds however always regaining. Almost beyond hope, Helen's "2x4 second" was realizing what have been lacking all along: a relationship with Christ. will empower you to overcome temptation, and assist you to accept and like yourself in a way that honors God. Surrendering to God changed Helen's life, enabling her to shed and keep maintaining a 116-pound loss. Filled with real-life success stories, interactive exercises, Scripture readings keyed to the chapter styles, and a study guide for small groups, Restored! Today a nationally certified personal trainer and on the staff of a Christ-centered weight loss and healthful living non-profit ministry, her career is dedicated to helping others embrace all that God has planned for them. Embracing her faith for strength, she stripped right down to the primary cause of her emotional eating: developing up amidst the dysfunction of alcoholism, medication addiction and divorce.



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A MUST read for those seeking a wholesome life! If, like me personally, you've spent far too many years losing only to gain back plus much more, then you know we've been carrying it out all wrong. Helen Baratta's wonderful book displays us the right way; This is rich with tips that are easy to implement into your lifestyle with regards to prayer, memorization, prioritizing, reading and comprehending issues created in the Bible, and just some solid straight talk that helped me straighten out some areas in my life as candidly organized through the writers very own experiences. Buy this publication, go through it and apply it. God Wants What is Best for Us Helen's life tale is approximately God's faithfulness. He's a loving Dad, who would like to bring stability into our lives. He patiently waits for us as we try all of the man-made health gimmicks. When we hit bottom and appearance up, He's there, ready to "restore" us. This reserve is about making lifestyle changes in 4 areas: spiritual, mental, emotional, and physical. Helen has included the success stories of herself and others, before and after photos, a straightforward "Balanced Lifestyle Wellness Assessment, devotions, and other resources. That is a book I will re-read and make reference to for years. This is an amazing book about what an incredible God can do in . You will learn a lot from this book and feel like you have a new best Friend.. Embrace Freedom! Thank you, Helen for sharing your testimony. That is a book to be study and over again simply for the encouragement alone. This book genuinely touched me. Compliment God! The right verse for the right moment, Go through, infuse yourself with prayer and revel in the trip. If Helen can do it, I can too! Finding victory over food Helen doesn't just "talk the chat", she "walks the walk". I'm a man who was extremely athletic, but as I acquired older---got fat. Probably by no means heard that before. LOL There are many "success tales" in the book compiled by men. I've done everything from WW, church groups, crash diet(s), etc. We recommend this book! I must say i believe if you not only read it, but perform it---you "will" achieve success. Loose weight improve your health Gods way This book gets me. Love the honest words, sharing, & what I can do to improve restore my health / walk with God Wow 116 pounds misplaced, but a wholesome lifetime gained! Love this book! I am along the way of scanning this "testimony", but wished to stop long plenty of to let others understand to stop what you are really doing and order this reserve! Helen is a woman of God, who utilized the Initial Place 4 Wellness (FP4H) system to lose 116 pounds all the while growing closer to Christ. Great Book!!! I first met Helen in 2010 2010 when she first reached her goal excess weight and have experienced FirstPlace4Wellness with Helen as my virtual class leader for 24 months.. She uses this to help her stay centered with her healthful lifestyle. She network marketing leads a Thursday evening digital group that I became a member of. This isn't just a weight loss book Great Book! This is not just a weight loss reserve, it's a life software book for healthful living AND personal development. While I wasn't centered on weight reduction (having simply lost the extra weight before picking right up this reserve) I was astonished at all the information for spiritual development it contains. the best way to true independence from meals addiction and the excess weight (physical, mental, emotional, and spiritual) that holds people down. Real problems, true people, real temptations, true honest. Her approach is excellent. More than only a book In this book Helen tells her story in an honest, transparent way. A real way that real people can relate with. She also contains many tools, no minimal of which can be scripture references right when you need them. Life Changing! You will be set free too! This book is Helen Baratta's testimony of healing, release and restoration after an eternity to be overweight. Her lack of 116# and keeping it off demonstrates only God can perform the work so deeply and totally as has been achieved in Helen. She loves god, the father and shares her journey with others so they can become

successful aswell. A must read for all who want to get healthy, stay healthy and revel in life with a purpose. I also understand that anyone can possess the achievement that she do if they is only going to believe. I was a doubter. I've now lost 80#. A MUST read in the event that you truly require a healthy life atlanta divorce attorneys sense of the term! You may be set free too! This is an incredible book about what an amazing God can do in someone's life - if we just let Him. Real. To top it off, there are tons of great before and after photos that are the most inspiring I've ever seen in a weight reduction book anywhere! Helen is the initial to say- this battle to lose excess weight and regain wellness isn't easy. There are no magic beans that will solve what is, at it's primary, a spiritual problem: eating too darn very much, lack of discipline, and not turning to God who is our Hope in an exceedingly real time of trouble. I was influenced to change my life in chapter one. She walks the talk! whenever we finally embrace the hope and help that God offers, a slow process begins: a change process that will free us from the bondage that wraps itself thus tightly around so many.. Very practical ideas for spiritual, physical, mental, and emotional growth. But no magic beans. A Book for Men Also This was compiled by a woman, but it isn't directed to women. She has been along the weight loss road so often, as I've, until she surrendered to God's will on her behalf life. He has led her to success over food and independence to enjoy all God's goodness. Thanks so very much, Helen, for posting your story and helping the rest of us to discover that same triumph and freedom. Awesome book about Healthful and Christian centered weight loss Helen simply gets it! To God be the glory!" Helen is normally a strong Christian girl who walks with the Lord every day. Atlanta divorce attorneys chapter, you tell yourself "I'm so pleased that it's not only me! She doesn't rely on her power, but on God's strength to make it through her existence. So go order it now, you won't regret it. I'm so glad that the Lord brought me to her bible research and can learn from her to boost my health insurance and draw closer to the Lord. God's Way to lose excess weight Forever Restored Losing Weight God's Way is an intimate personal testimony that touches each obstacle of slimming down. But. I know that she is definitely a female who lives what she says. Wonderful step-by-step book with deep insights that constantly turns you to God's Word for strength and guidance. I could not put the book down.



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